

Vanshita Pamnani

Dietician

As a passionate student of dietetics and public health nutrition, I am eager to learn and apply my skills in therapeutic dietary interventions to a clinical setting, contributing to a healthcare team focused on enhancing patient outcomes through comprehensive nutritional counselling.

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EDUCATION

Post Graduate Diploma in Dietetics and Public Health Nutrition

lady Irwin College, DU

2023 - 2024

New Delhi

Bsc. Home science(pass)

lady Irwin college, DU

2020 - 2023

New Delhi

SKILLS

nutrition assessment

Knowledge of dietary guidelines

Proficiency in using nutritional tools

Effective communication

Active listener

Leadership

Entrepreneurial

PROJECTS/WORK EXPERIENCE

Report on role of intermittent fasting in neurodegenerative diseases (04/2024)

- Researches have shown, intermittent fasting as a neuroprotective effect in lowering pathophysiology of neurodegenerative diseases.=

Canteen project (05/2024)

- Did market survey to know the availability of food items at the lowest cost without compromising the quality.
- Standardisation of recipes require multiple trials and tasting and then working on feedback to make it a perfect dish for the final day.
- Made a profitable project by 53.77%

Social media campaign (04/2023)

- Acquired knowledge in analysing social media insights to optimise performance
- Developed and learned about strategies for creating engaging content to increase audience interaction
- Learned advance communication and language skills to effectively convey message to the target audience

MAX SMART SUPER SPECIALITY HOSPITAL (Internship) (08/2024 - Present)

- Conducted nutritional assessments based on diagnosis and history.
- Planned customized diets for various medical conditions.
- Provided patient counselling on dietary modifications.
- Engaged with patients to tailor nutrition plans.
- Monitored patient progress and adjusted diets as needed.
- Collaborated with healthcare teams for integrated care.

FIELD VISITS

Akshaya Patra Foundation

The Akshaya Patra Foundation is an independent charitable promotes PM POSHAN initiative also called mid day meal scheme. Purpose of the visit is to understand how mid day meal scheme works.

RHTC Centre, Najafgarh

RHTC has implemented the NRHM in its 3 PHCs and 16 sub centres in collaboration with Govt of NCT Delhi. It was worth visiting , got to know about their services, facilities and components.

Amrita Hospital, Faridabad

Visited Amrita hospital to understand the operation of a multi- specialty hospital kitchen, including its sub departments and management strategies. This visit provided valuable insight into efficient kitchen operations and management.

Conducted a health care program at medical centre, Mandi House

The aim was to provide health education to lactating mothers for their and theirs infants' health. After conducting this program, revealed informational gaps and myths some based on scientific evidence and others passed down through generations.

CERTIFICATES

Millet recipe contest

This recipe contest organised by the college, on the occasion of celebrating POSHAN MAAH 2023.

NIPCCD workshop

It was conducted by NIPCCD , aim was to enhance nutritional council in skills and promotes correct infant and young child feeding practices.